

HOME SAFETY

Indoors:

- Childproof your home for small children.
- Ensure all matches and flammable materials (including cleaning supplies) are stored out of children's reach.
- Have home repairs done by professionals.
- Never leave cooking unattended.
- All firearms should be stored unloaded, in locked case with trigger lock to prevent accidental discharge.
- Personal protective gear should be worn during work activities (i.e. goggles, gloves).

Outdoors:

- Wear light loose fitting clothing to keep cool.
- Drink plenty of liquids; avoid alcohol, which causes dehydration.
- Use the sunscreen when exposed to direct sunlight for extended periods. The higher the SPF the better. Minimize exposure between 10:00 am and 3:00 pm.
- Never leave grills uncovered and unattended.
- Use the right tool for the job.
- Be smart, wear your helmet when skateboarding and roller-blading.

**If you have any questions,
please contact the
319th Air Refueling Wing
Safety Office at
747-3361/3364/3368**

**visit us on the GFAFB
Intranet**

**[Http://w3.grandforks.af.mil/safety/
semain.htm](http://w3.grandforks.af.mil/safety/semain.htm)**

SUM MER



Guide

BROUGHT TO YOU BY THE



WATER **SAFETY**

Swimming

- ❖ Never swim alone-Use the buddy system
- ❖ Only swim at approved and/or designated swimming areas
- ❖ Do not swim when you are overheated, tired, or immediately after eating
- ❖ Know your limitations!!! Be prepared to return to a safe place

Boating

Boating accidents usually result from inexperience or lack of observing safety rules. Plan boating trips before you "set-off"--decide where you are going and set a definite time to return. Ensure there is one life preserver for each person on the boat, a fire extinguisher, an anchor and at least one paddle (oar). If you are going to be boating at night, make sure you have a light!

MOTORC **YCLES**

- Know your bike, environment, and adjust accordingly
- Posses a valid **MOTORCYCLE** license!
- Complete the basic/experienced riders course
- Finally, if you think it is unsafe, it probably is

USE COMMON SENSE



REQUIRED PERSONAL PROTECTIVE EQUIPMENT FOR MOTORCYCLISTS

- ❑ Protective helmet (Must meet DOT Requirements)
- ❑ Impact Resistant Goggles or full size face shield (not required if cycle is equipped with shield extending above the riders helmet)

319th AIR REFUELING WING
SAFETY OFFICE

DRIVING **SAFETY**

- Have your car safety checked!
- Know your limitations
- Get plenty of rest before starting on any trip (short or long)
- Give yourself adequate time. Plan for the trip accordingly
- Use your defensive driving skills-look out for others
- Use your seatbelts and proper child restraints **AT ALL TIMES**

**REMEMBER-THE LIFE YOU SAVE
MIGHT BE YOURS**

**DRINKING
+ DRIVING
DEATH**

**IF YOU DRIVE, DON'T DRINK
IF YOU DRINK, DON'T DRIVE
THINK BEFORE YOU DRINK**



Personal Water Craft (PWCs)

- Keep your distance, use idle speeds at shore
- Always wear a life preserver
- Avoid alcohol consumption
- Stay alert!!!
- Do not jump other boat wakes
- Take a PWC Safety Course

- ❑ Brightly colored vest (reflective)
- ❑ Coat
- ❑ Sturdy Footwear/Boots No "tennis shoes" or "sneakers"

